


Ellington Senior Center Calendar

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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*Note: Schedule subject to change without prior notice				Ellington Senior Center Closed Happy New Year!
4	5	6	7	8
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Mahjongg 1:00pm Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Dominos 1:00pm Book Club 2:00pm Setback 7:00pm Geissler's	EMAT APPTS HVCC Transit Podiatry Clinic 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Living A Healthy Heart Life 2pm SAT – 1/9/10 Setback @ 7:00	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 1/9/10 Setback @ 7:00
11	12	13	14	15
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Mahjongg 1:00pm Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm “Out To Lunch” Tea House Restaurant 1:00 pm	EMAT APPTS HVCC Transit Ellington Singers 10:15am Shuffleboard 2:00pm Geissler's/Big Y	EMAT APPTS Sew & So/Crafts 9:30am Better Age Club 1:00pm Canasta 1:00pm	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 1/16/10 Setback @ 7:00 p.m.

18	19	20	21	22
Ellington Senior Center Closed in Observance of Martin Luther King	EMAT APPTS Bridge 9:00am Setback 7:00pm Healthy Cleaning Solutions Lunch & Learn 12:30pm Shaw's/Geissler's	EMAT APPTS HVCC Transit Ellington Singers 10:15am Shuffle Board 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Memory & Creative Writing 1:00pm	NO EMATS Mahjongg 10:00am Parkinson Support Group 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 1/23/10 Setback @ 7:00 p.m.
25	26	27	28	29
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Mahjongg 1:00pm Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Geissler's	EMAT APPTS HVCC Transit Ellington Singers 10:15am Shuffle Board 2:00pm Variety Revue Pizza Party 5:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am Better Age Club 1:00pm Canasta 1:00pm Jim Palma – US Census TRIAD/Better Age Program 1:30pm Volunteer's Meeting 3:00pm	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 1/30/10 Setback @ 7:00 p.m.
Upcoming Activities		Monthly Features		Reminders
<u>Activities</u> Balance Presentation – Alcyone Brennan 2/4/09 (2pm) Tax Preparation Program – 2/3/10 - 4/14/10 (9am-12pm) Human Services Department Lunch & Learn Social Security Presentation –(12:30pm) 2/16/10 “Lifeline” Program Presented by the VNA Healthcare (2pm) 2/23/10 <u>Evenings</u> Cards: Setback – Tuesday & Saturdays 7:00 p.m.		Ballroom/Polka Social – Friday, Ballroom(1pm); Polka (2:30pm) Better Age Club – Meetings 2 nd & 4 th Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 nd & 4 th Tues of the month (1:30pm) Bridge – Tuesdays (9am) Ellington Singers – Wednesdays (10:15am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Mahjongg – Mondays (1pm); Friday (10am) Memory & Creative Writing – 3 rd Thursday of month (1:30pm) Musical Insights – 2 nd & 4 th Monday of the Month (6:00pm) Podiatry Clinic – First Wednesday of month (9:00am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am-beginners) (11:30am-advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		Transportation Line: 870-3137 Hours: 9:00 a.m. – 1:00 p.m. All Information for the upcoming newsletter needs to be into the Directors Office no later than 2/12/10

